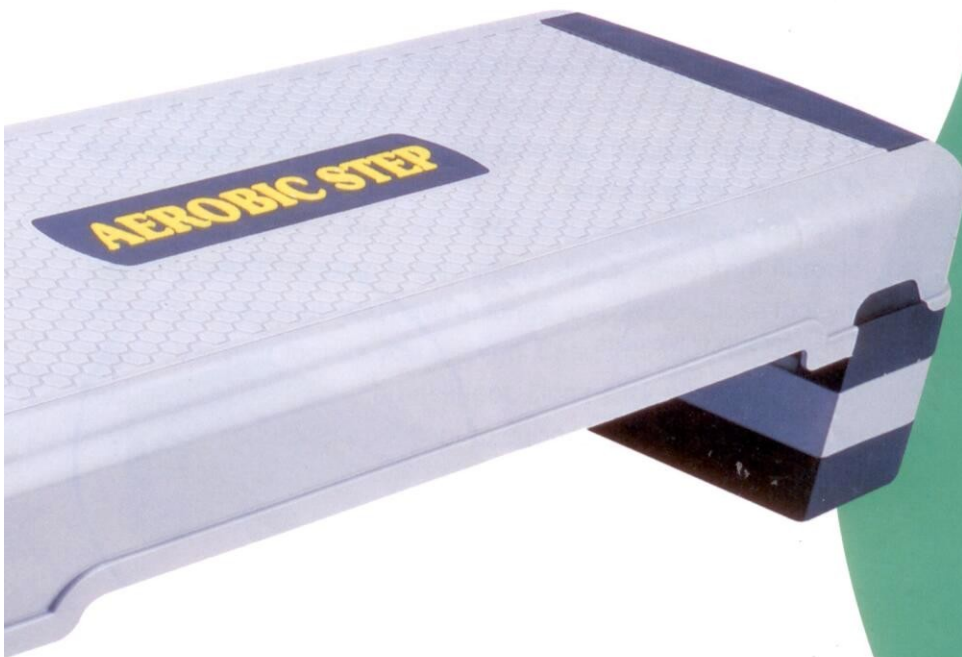


1132
1130
1135

Aerobic Step



SIZE : L90 X W32.5 X H25CM

All you need for a complete workout

Aerobic-Step is the only exercise equipment you will ever need. It will not only give you an ideal cardiovascular workout-strengthening legs and working heart and lungs. It will also allow you to work the upper body independently, or at the same time, as performing step exercises.

Aerobic-Step is extremely versatile. As you work through this exercise programme you will cover the three dimensions of Aerobic-Step training-stepping, stepping and toning together and pure toning. The intensity of your workout can be tailored to your own requirements. It can be gentle or very demanding. There really is no limit to what you can achieve with Aerobic-Step.

The two height adjusters are easy to adjust and can increase the height of Aerobic-Step by 4 inches.

Your Aerobic-Step consists of two parts:

1. Aerobic-Step
2. 6 pcs of height adjustment blocks



IMPORTANT

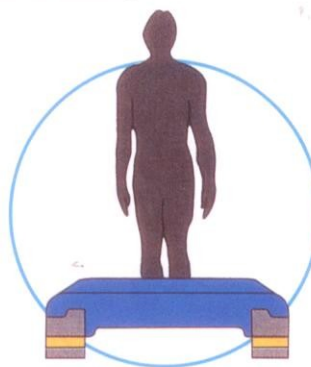
BEFORE UNDERTAKING ANY FORM OF PHYSICAL
EXERCISE IT IS ALWAYS ADVISABLE TO CHECK
WITH YOUR DOCTOR

SAFETY

Cardiovascular/Aerobic Workout

When you use Aerobic-Step for your step workout you should work at a comfortable yet challenging level. You should be breathless but not gasping. When using the exertion scale you should not work above level 8. If you are a beginner, try exercising 3-4 minutes at first and increase gradually. As your fitness level improves you will be able to spend longer on this section. When coming to the end of your selected time, reduce the level gradually and spend 3-4 minutes moving off the Aerobic-Step to cool down, using marching/walking as described in the warm up. You should also repeat the stretches, which will help prevent stiffness and muscle soreness.

When using Aerobic-Step as a step you must ensure that whole foot strikes Aerobic-Step evenly. Stand slightly away from Aerobic-step, not too far that you have to lunge and not too close that you may catch your foot as you step up. Lean into the Aerobic-Step and push away from the back foot. Don't stick your bottom out, make a diagonal line from floor to ceiling.



Always step off the back of Aerobic-step and never the front.

Select the appropriate height; base height or the increased height. If, when using the increased height you become overtired, you must reduce the height.

WARM UP

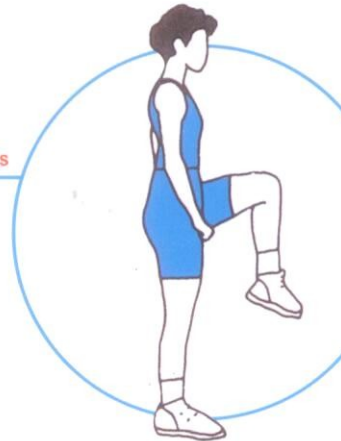
Before starting your workout with Aerobic-Step you should first warm-up thoroughly to prepare your body for the exercises to follow.

Begin by walking then marching on the spot. This should be increased to include knee lifts, heel raises and some shoulder and spine mobility. You should spend at least 3-4 minutes on this section.

Marching



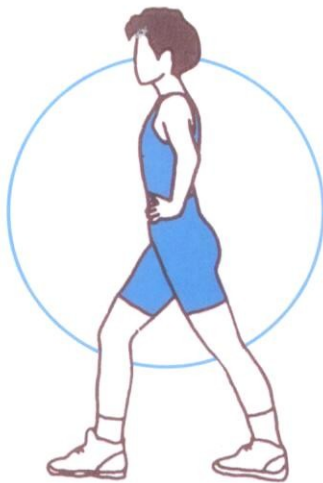
Knee Lifts



It is also important to stretch the major muscle groups which are to be challenged. These stretches are static and should be held for 6-8 seconds.

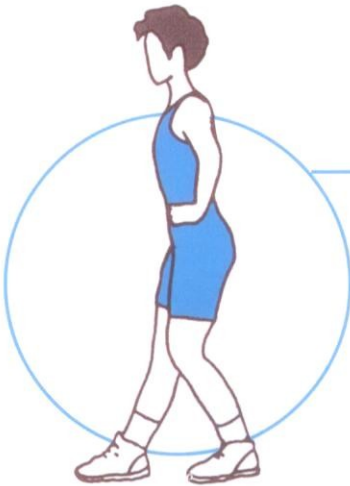
Heel Raises





Calf

Step back with one foot, press the heel to the floor. Both toes must face forward.



Back of Leg (Hamstring)

Carrying on from the Calf stretch, transfer weight to back leg and bend the knee. Keeping front leg straight tilt forward from the hips.



Side Bends (Spine Mobility)

When you feel ready, move on to your selected exercise programme. You may find this exertion scale useful for monitoring the intensity of your workout.



Arm Circles (Shoulder Mobility)



Front Thigh (Quadriceps)

Standing on one leg, bend the other knee and hold onto the foot. Press the hips forward. You may need to use a chair or the wall for balance.



Basic Step

This is the basic step movement. it takes four counts o complete. The same leg leads up and down from Aerobic-step. you should not spend more than one minute leading with the same leg.



1. Step up **Right** Foot
2. Step up **Left** Foot
3. Step down **Right** Foot
4. Step down **Left** Foot

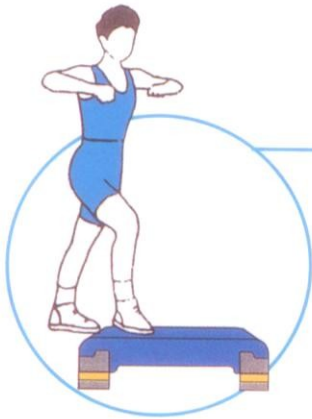
Arm patterns may be added to increase intensity. Keep them logical and balance the pattern either side of the body. Both arms working too much to one side will affect balance and posture.



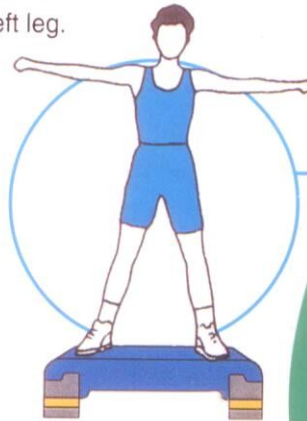
1. Step up right foot take both arms **OUT**
2. Step up left foot take both arms **UP**
3. Step up down right foot lower both arms
4. Step down left foot bringing both arms to side

Turning Step-Alternate

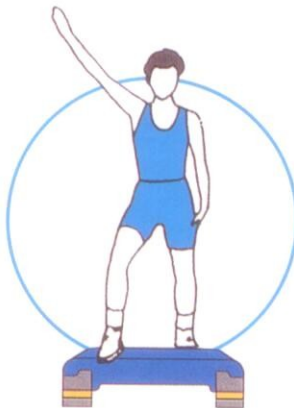
This movement travels from behind Aerobic-Step added to increase intensity.



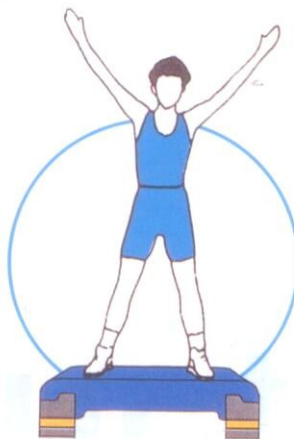
1. Face diagonally to left hand corner, step up with right leg turning to face forward.
2. Step up left foot, feet apart facing forward.
3. Step down right foot, turning to face diagonally to the right corner.
4. Tap left foot on floor with out transferring body weight, ready to repeat the step on the left leg.



Arms may be added to increase intensity.



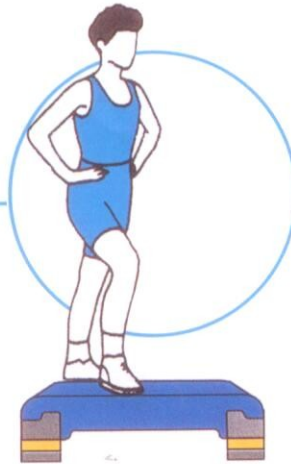
1. Step up right leg, lift both elbows outward hands to chest.
2. Step up left leg, feet apart take both arms out.
3. Step down right leg, hands back to chest.
4. Tap left foot down and lower arms, ready to repeat the pattern on the left leg.



V Step

This is a variation of the basic step. Feet are wide apart on top and together when off (behind) Aerobic-Step.

1. Step up right foot to right side
2. Step up left foot to left side.
3. Step down right foot
4. Step down left foot bringing feet together.



This takes four counts. The tap may be used to change the leading leg. Arm patterns may also be added to increase intensity.

1. Step up right foot, lift right arm and hold.
2. Step up left foot, lift left arm and hold.
3. Step down right foot, lower right arm and hold.
4. Step down left foot, lower left arm.

STRETCH

After a workout you should stretch the muscles you have been working. This helps prevent stiffness and should be included as part of a cool down as described in the cardiovascular section. These are static stretches and are held for 8-10 seconds.

Shoulders (Deltoids)

1. Sit on Aerobic-Step, keep back straight and lift both shoulders up to ears.
2. Relax and press both shoulders downwards and hold.



Upper Back (Trapezius and Rhomboids)

Sit on the Aerobic-Step, reach forward and round-try to separate your shoulder blades and hold.



Upper Back

Sit on Aerobic-Step and keep back straight. Overlap hands behind the back and raise the arms slowly. Hold.



Back of Arm and Shoulder (Triceps and Posterior Deltoid)

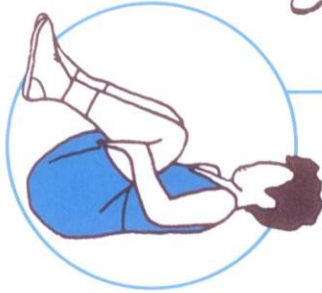
Sit on Aerobic-step. Keep back straight. Take one arm across the body and support it with opposite hand above the elbow. Ease the arm further and hold.





Waist (Obliques)

Sit on Aerobic-Step, Keep body upright, lean over to one side and reach up with opposite arm.



Inner Thigh (Abductor)

Sit on the floor with back straight. Bring soles of the feet together and using hands ease the knees out and downwards as far as is comfortable. Hold.



Outer Thigh (Abductors)

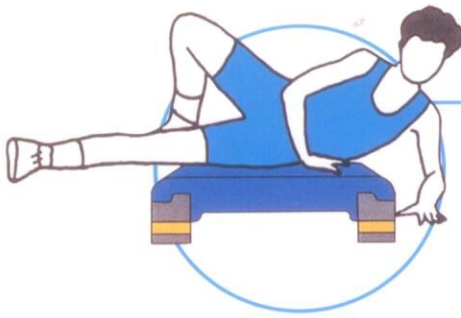
Sit on the floor. Extend right leg bend left leg over the right leg. Using opposite arm ease the leg across and hold.



Buttocks (Gluteals)

Lie on your back on the floor. Bring the knees to your chest and hold.

Stretches for the front thigh, calf and back of leg, are as shown in the warm up section of the programme.

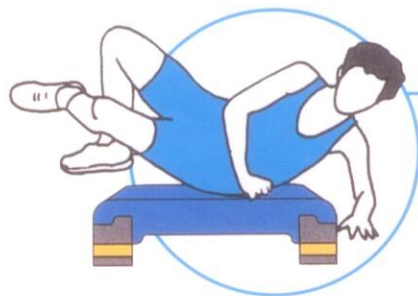


Inner Thigh (Abductor)

Lie on the side, on the Aerobic-Step. Support yourself with your forearms and opposite hand. Bend upper and place foot on Aerobic-Step behind lower leg.



While keeping the body in a straight line, lift and lower the lower leg. Keep hips facing forward.



Adaptation

Lie further down Aerobic-Step. Bend lower leg. Lift and lower.



Front Thigh (Quadriceps)

Sit on Aerobic-Step facing narrow end. Support your hands behind your back, bend right leg, extend left leg.

TONE

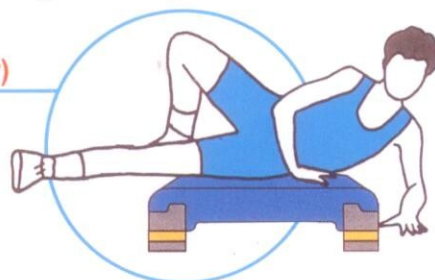
Isolated Muscular strength and endurance

In this section we are working isolated muscle groups without aiming to challenge the cardiovascular system. To improve muscular endurance it is necessary to work at a comfortable and sub maximal level, and to repeat each set of exercises. For example if the most you could do was 10-11 repetitions, a good level would be 7-8, this would be one set of 7-8 repetitions. Each set should be repeated 2-3 times, with a rest period in between. During this rest period you could work a different muscle group i.e., alternate upper and lower body. This enables the body to recover even though we are working all the time. For endurance work select a lighter resistance i.e., the black or yellow ropes. If you are aiming to improve muscular strength, select a stronger resistance-red-or connect 2 or 3 together. You should be able to complete a maximum of 6 repetitions in one go i.e., one set of 6 repetitions.

If you are a beginner to exercise, the adaptation option illustrates slightly easier versions of the same exercise. You should always work at a comfortable level.

If you experience any pain or burning sensation you should rest.

Outer Thigh (Abductor)



Lie on the side, on the Aerobic-Step. Support yourself with your forearm and opposite hand slightly bent underneath leg. Fully extend upper leg. While keeping the body in a straight line, lift and lower the upper leg.

Adaptation

Lie further down Aerobic-step lift and lower upper leg.



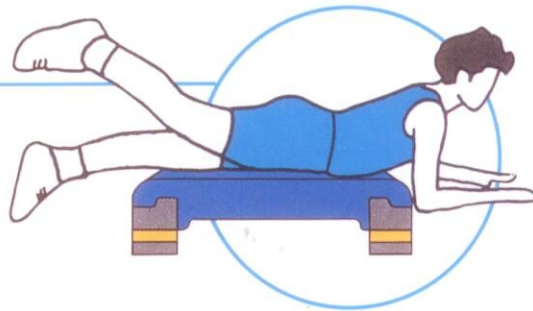
Adaptation

Lie back and support yourself on the elbows, place the strap closer to the knee.



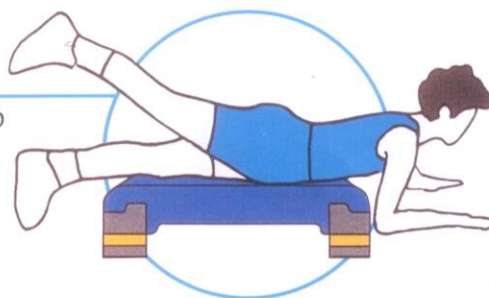
Buttocks (Gluteals and Hamstring)

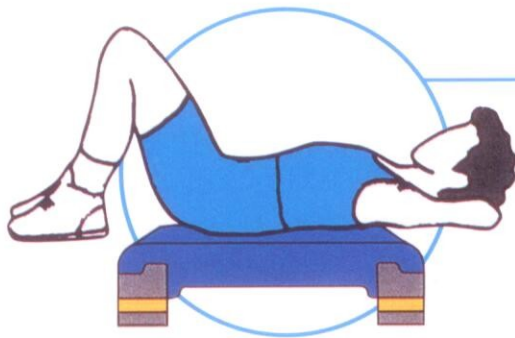
Lie on your front on Aerobic-Step. Lift and lower leg, keeping hips pressed into Aerobic-Step.



Adaptation

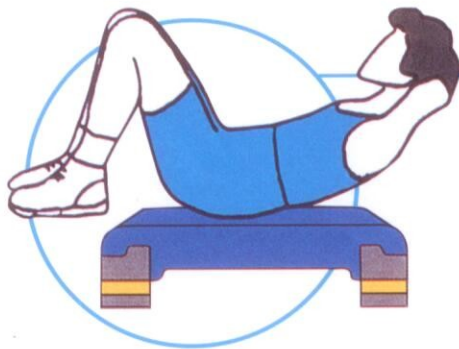
Lie further down Aerobic-Step



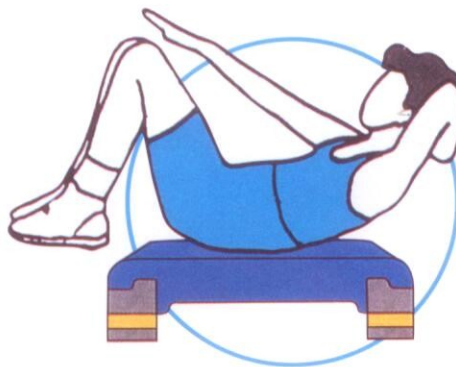


Tummy (Abdominals)

Lie on your back with knees bent. Press your spine into the Aerobic-Step and tilt the pelvis by squeezing the buttocks. Hold the handle in both hands behind the head.



Lift and lower upper body off the Aerobic-Step. Do not pull the chine into the chest.



Adaptation

Hold the handle in one hand and slide the other hand up the thigh as you lift.